



THE MIND SCULPTORTM

SCULPT • SHIFT • FLOW



Services & Investment Guide

Helping you release what holds you back
and create what comes next.

REVEAL WHAT HAS ALWAYS BEEN THERE



Edwin Rivera-Cortez

The Mind SculptorTM · A Positive Alliances Brand



WELCOME

Welcome

A Letter Before We Begin



Thank you for your interest in The Mind Sculptor™.

If you are reading this guide, chances are you have reached a point in your life where something is asking for change.

Perhaps you are navigating a transition. Perhaps you feel stuck despite your best efforts. Perhaps you are carrying emotional weight that no longer serves you. Or perhaps you simply know there is more available to you than what you are experiencing now.

Whatever brings you here, meaningful change is possible.

The Mind Sculptor™ was created to help people move beyond insight and into transformation. My role is not to tell you who to become — it is to help you reveal the strength, wisdom, resilience, and possibility that already live within you.

Together we move through three movements

SCULPT SHIFT FLOW

and through them, clarity becomes change, and change becomes momentum.



Welcome.

Edwin Rivera-Cortez

Founder · The Mind Sculptor™



THE METHOD

The Mind Sculptor™ Method

Every transformation moves through three movements



SCULPT™



Awareness · Discovery
· Truth

We get honest about what
is true.

What is happening?

What patterns keep
repeating?

What wants to emerge?

OUTCOME

Clarity

SHIFT™



Reframing · Choice ·
Possibility

We loosen what no longer
serves us.

What else could this mean?

What am I ready to
release?

What new possibilities
exist?

OUTCOME

Change

FLOW™



Alignment · Vision ·
Momentum

We align with who we are
becoming.

What future am I creating?

What action comes next?

How do I sustain momentum?

OUTCOME

Forward Movement



You are not becoming someone new.
You are revealing who you have always been.



AN INVITATION

Who This Work Is For



This work may be a good fit if you are:

- ◆ Navigating a major life transition
- ◆ Processing grief or loss
- ◆ Feeling stuck or overwhelmed
- ◆ Seeking greater confidence
- ◆ Looking for deeper purpose and meaning
- ◆ Working through self-doubt
- ◆ Ready for personal growth
- ◆ Exploring your next chapter
- ◆ Seeking LGBTQ+ affirming support
- ◆ Looking for greater emotional resilience
- ◆ Wanting to align your life with your values

This work is coaching and transformational facilitation — not therapy — and does not diagnose or treat mental health conditions. If you are experiencing severe mental health challenges, please also work with an appropriately licensed professional.



THE WORK IN PRACTICE

What Clients Often Experience



Every journey is personal, and results vary. Still, people often describe experiences like these:

- ◆ Greater clarity and confidence
- ◆ Increased self-awareness
- ◆ Reduced emotional overwhelm
- ◆ A renewed sense of purpose
- ◆ Improved decision-making
- ◆ Greater alignment with personal values
- ◆ Stronger personal boundaries
- ◆ Improved resilience through transitions



These are common experiences — not guarantees. Your path is your own.



YOUR GUIDE

Meet Edwin Rivera-Cortez



Edwin Rivera-Cortez is a transformational coach, breathwork facilitator, and hypnotherapist who has spent decades helping people navigate change, build resilience, and create meaningful transformation.

His approach blends professional training with practical wisdom, compassion, and deep listening — creating a personalized experience for every client he works with.

In addition to his coaching and transformational certifications, Edwin brings decades of executive leadership experience across healthcare, nonprofit management, strategic partnerships, communications, and community engagement.

CREDENTIALS

- ◆ Master Practitioner of Neuro-Linguistic Programming
- ◆ Master Practitioner of T.I.M.E. Techniques™
- ◆ Master Success & Life Coach
- ◆ Master Hypnotherapist
- ◆ Practitioner of Emotional Freedom Techniques (EFT)
- ◆ Certified 9D Breathwork Facilitator
- ◆ Certified Grief Coach
- ◆ Certified LGBTQ+ Life Coach
- ◆ Certified Retreat Planner
- ◆ Member, International Board of Coaches & Practitioners



WAYS TO BEGIN

Services & Investment



Breakthrough Discovery Session

90 MINUTES · VIRTUAL OR IN-PERSON

\$247
INVESTMENT

- ◆ Intake review
- ◆ Outcome clarification
- ◆ Personalized strategy session
- ◆ Introductory breathwork experience
- ◆ A clear action plan
- ◆ Optional session recording, with written consent

Recommended for all new clients.

Transformation Session

60 MINUTES · VIRTUAL OR IN-PERSON

\$175
INVESTMENT

- ◆ Focused coaching
- ◆ Transformational processes
- ◆ Text support between sessions
- ◆ Voice-note support
- ◆ Optional session recording, with written consent



THE MOST POPULAR WAY TO WORK TOGETHER

The Transformation Package



Most lasting change happens through a process, not a single conversation — so this path is built around the structure, support, and accountability that turn insight into lasting change.

WHAT IS INCLUDED

- ◆ One Breakthrough Discovery Session
- ◆ Five Transformation Sessions
- ◆ One complimentary 9D Breathwork Session
- ◆ Personalized resource recommendations (books, exercises, audio)
- ◆ Complimentary monthly integration check-in (15-minute call)
- ◆ Text & voice-note support
- ◆ Optional session recording, with written consent

PAY IN FULL

\$997

Best Value

THREE MONTHLY

\$349

Total \$1,047

SESSION BY SESSION

\$1,122

SCULPTOR'S INSIGHT™

Transformation is not created in a single conversation.
It is created through consistent action, reflection, and support.



PREMIUM EXPERIENCES

Beyond the Session



Ocean Breakthrough Intensive

HALF-DAY PREMIUM EXPERIENCE · SELECT COASTAL LOCATIONS

\$697

- ◆ Transformational coaching
- ◆ Nature-based reflection
- ◆ Breathwork integration
- ◆ Personalized action plan
- ◆ Follow-up support



9D Breathwork is an immersive, guided journey that layers breath with sound and music to move you beyond thinking and into experience. In a single session, many people release long-held tension, reach a deep stillness, and reconnect with a sense of clarity and possibility.

SESSIONS & EXPERIENCES

Individual Session

Virtual or in-person

\$150

Group Outdoor Experience

Shared, in nature

\$100 per person

Virtual Group Session

Noise-cancelling headphones required

\$87 per person

Studio Partner Experience

Studios, wellness centers & organizations

from \$67 per person

Studio partner pricing is available for yoga, fitness, and cycling studios, wellness centers, corporate wellness programs, and community organizations.
Custom pricing available on request.



GOOD TO KNOW

Frequently Asked Questions



Do you offer sessions in Spanish?

Yes.

Are sessions confidential?

Yes.

Can sessions be recorded?

Only with your knowledge and written consent. You may decline recording at any time. Recordings are used for personal review and integration.

Do you work virtually?

Yes — virtually or in person, as you prefer.

How many sessions will I need?

Every client is different. Many choose to begin with the Transformation Package.

Is breathwork required?

No. Breathwork is offered as an enhancement, woven in based on your comfort and goals.

IMPORTANT NOTE

Coaching, breathwork, and transformational facilitation are collaborative processes. Individual results vary and depend on many factors, including personal commitment, participation, and circumstances.



GETTING STARTED

Your Next Steps



Beginning is simpler than it can feel. Here is how the path unfolds:

- 1** Schedule your Breakthrough Discovery Session
Where we clarify what you most want to shift.
- 2** Complete your Client Discovery & Transformation Guide
A short, guided reflection to arrive prepared.
- 3** Attend your first session
We begin the work, together.
- 4** Receive your personalized transformation plan
Mapped to your goals and how you process the world.
- 5** Begin your Sculpt · Shift · Flow journey
Moving from clarity to change to momentum.



YOUR NEXT CHAPTER

Begins Here



The future you want may be closer than you think.
Transformation begins the moment we become willing to see
clearly, choose intentionally, and move forward.

If you are ready to gain clarity, create meaningful change,
and align with the life you truly want, I invite you to
schedule your Breakthrough Discovery Session.



SCAN TO BOOK YOUR SESSION

www.themindsculptor.net

edwin@themindsculptor.net · 714-225-4648

Facebook @themindsculptor · Instagram @themindsculptor33

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